



The whole family can get stuck into this one. Make sure to have napkins at the ready!

Cooking Time: 20 min

Cals 659 | Prot 47 | Carbs 48 | Fat 35

Tips For Fussy Eaters

Can't handle the heat? Reduce the chilli powder or remove it altogether.

Pro Tip

Marinate the chicken, peppers and onions in advance.

Ingredients For 2 For 3 For 4

Chicken

Chicken breast	300	500	600	Grams
Red onion	1	1	2	Piece
Red pepper	1	2	2	Piece
Yellow pepper	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Olive oil	2	3	4	Tbsp
Fajita seasoning	10	15	20	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp

Salad

Baby gem lettuce	1	2	2	Piece
Grated cheddar	60	90	120	Grams

Salsa

Fresh coriander	15	15	15	Grams
Tomatoes	2	2	3	Piece
Lime	1	2	2	Piece
Salt	0.5	0.5	0.5	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Guacamole

Avocado	1	2	2	Piece
Salt	0.5	0.5	0.5	Tsp

To serve

6" tortilla wraps	6	9	12	Piece
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1 Prep

Wash and chop the **baby gem lettuce**. Add it to a bowl along with the **grated cheddar**. Toss and set aside.



2 Make salsa

Peel and chop half of the **red onion**. Chop the **fresh coriander** and **tomatoes**. Juice half the **limes** into a bowl. Add the **tomatoes**, **coriander** and **onion**. Season with **salt** and **pepper**. Toss, set aside.



3 Make guacamole

Halve and de-stone the **avocados**. Spoon the flesh into a bowl. Season with **salt**. Squeeze the remaining **lime** juice over the **avocado** and mash with a fork. Set aside.



4 Fry

Peel and slice the remaining **red onion**. Slice the **peppers**. Peel and mince the **garlic**. Heat a drizzle of **oil** in a pan. Fry the **peppers** and **onion** for 3 min. Add the **garlic** and **fajita seasoning**. Cook for 2 min. Transfer the **onion** and **garlic** to a plate, reserve the pan.



5 Fry chicken

Slice the **chicken breast** into strips. Return the pan to a high heat with another drizzle of **oil**. Add the **chicken** and fry for 5 min or until cooked through. Season with a generous pinch of **salt** and **pepper**. Return the **peppers** and **onions** to the pan and give everything a good mix up.



6 Serve

Warm the **tortillas** in the microwave for 30 sec. Transfer the **chicken** and **peppers** to a bowl. Serve the **chicken** in the middle of the table alongside the **lettuce**, **cheese**, **salsa**, **wraps** and **avocado**.